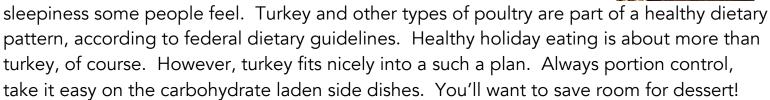


HOW HEALTHY IS THAT HOLIDAY TURKEY?

Sara Josepha Hale, "the mother of Thanksgiving," described turkey as central to a traditional New England Thanksgiving in an 1827 novel, decades before Abraham Lincoln proclaimed a national holiday in 1863.

Today, nutritionists and dieticians agree that turkey is a great source of protein, rich in many vitamins and minerals, and is low-fat (without the skin). It is rich in B-complex vitamins niacin, B6 and B12 and the essential nutrient choline. It's also a good source of the minerals magnesium and phosphorus, and it provides iron, potassium and zinc. It's also high in selenium, which may help support your immune system.

Turkey is also famously a source of the amino acid tryptophan, which helps the body synthesize protein but gets the blame for the post-feast



Adapted from heart.org "Is turkey healthy for you?"





CelebrateWestwood.org
has all the details you
need on Westwood's
Home for the Holidays
Parade and the Celebrate
Westwood early New
Year's Eve event! Visit
the website or go to
facebook.com/celebrate
westwood.

CHECK OUT THIS LIBRARY EVENT! Book Signing and Author Talk Friday, November 4 at 11:00am

Join the Library as they welcome Bob Nesoff and Howard Joseph Cohn, authors of *A History Lover's Guide to Bergen County*.

From the crossroads of the American Revolution to the construction of the George Washington Bridge, New Jersey's Bergen County has a history that has shaped not only the metropolitan area, but the nation itself. The book features narratives of key historical moments, legendary personalities and fascinating landmarks. This guide to Bergen County's past is essential for any resident or visitor alike. Books will be available for sale and one lucky participant will receive a free copy. Light refreshments will be served. RSVP by calling the library at 201-664-0583.



MEDICARE A, B, C, D?

ARE YOU PUZZLED BY THE MEDICARE ALPHABET SOUP?

A SHIP/MEDICARE COUNSELOR FROM THE BERGEN COUNTY DIVISION OF SENIOR SERVICES WILL EXPLAIN WHAT YOU NEED TO KNOW FOR THE 2023 OPEN ENROLLMENT PERIOD THAT ENDS DECEMBER 7.

COME TO THIS EDUCATIONAL PRESENTATION ON

THURSDAY, NOVEMBER 17 AT 1:00PM WESTWOOD PUBLIC LIBRARY

TOPICS TO BE COVERED INCLUDE:

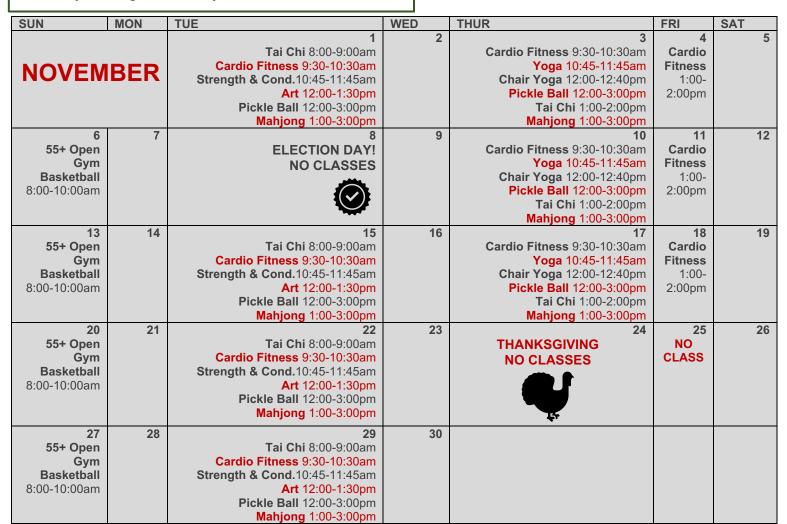
- WHAT TO DO DURING THE MEDICARE OPEN ENROLLMENT PERIOD
- ORIGINAL MEDICARE VS. MEDICARE ADVANTAGE PLANS
- CHANGES FOR 2023
- WHAT HAPPENS IF YOU DON'T ENROLL
- FINANCIAL ASSISTANCE PROGRAMS AVAILABLE TO LOW-INCOME MEDICARE BENEFICIARIES;
- · QSA

BRING YOUR MEDICARE QUESTIONS AND PLAN TO TAKE NOTES. IF YOU HAVE YOUR 2023 "MEDICARE & YOU" BOOK, BRING THAT, TOO.

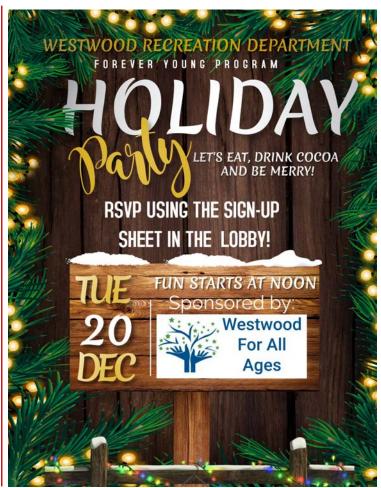
THE BERGEN COUNTY DIVISION OF SENIOR SERVICES PROVIDES FREE, UNBIASED INFORMATION FOR MEDICARE BENEFICIARIES, FAMILY MEMBERS, AND CAREGIVERS.

BERGEN COUNTY DOES NOT SELL ANYTHING.

Register at 201-834-4192







SUN	MON	TUE	WED	THUR	FRI	SAT
DECEM	BER 🎇			Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	2	3
55+ Open Gym Basketball 8:00-10:00am	5	Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond.10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	7	8 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	Gardio Fitness 1:00- 2:00pm	10
55+ Open Gym Basketball 8:00-10:00am	12	Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond.10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	14	Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	Cardio Fitness 1:00- 2:00pm	17
55+ Open Gym Basketball 8:00-10:00am	19	Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond.10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	21	Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	23 No Class	24
55+ Open Gym Basketball 8:00-10:00am	26	Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond.10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	28	29 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	30 No Class	31

ForeverYoung Class Overview







SOCIAL CLUB MAHJONG – Collect the most tilesets to win this ancient Chinese social game.
YOGA & CHAIR YOGA – Stretch and meditate during this restorative practice with certified instructor Tori Karach. Chairs provided for the Chair Yoga class.

STRENGTH & CONDITIONING – Karen Abergast leads a class that works to increase strength/bone density via controlled movements that adapt to everyday activities. NOTE: At this time Strength & Conditioning are at maximum capacity and we are not taking new enrollments. PICKLE BALL – This fast growing sport blends racquet ball and tennis for a fun low-impact workout.

CARDIO FITNESS – Elaine Blumenthal gets you dancing your way to fitness in this fun, energizing low-impact cardio class. NOTE: At this time Tuesday and Thursday Cardio Fitness classes are at maximum capacity and we are not taking new enrollments. The Friday class does have openings.

ART – Brit Sikiric teaches the basic techniques of acrylic painting, water color and more.

TAI-CHI – Instructor Hasmig Mekjian teaches this martial art that reduces stress and anxiety.

BASKETBALL – 50+ Basketball invites you to hit the court on Sundays from 8:00-10:00 a.m.

HOW TO USE COMMUNITY PASS

Westwood Recreation Department's Online Registration System

Registering online is simple! But first you have to create an account if you don't have one. Go to westwoodnj.gov/recreation and click on Community Pass Registration Page.

- 1) Click "create an account" if you don't have one (be sure to make a note of your login user name and password)
 - Fill in the fields
 - Click create & accept privacy policy
 - If you already have an account, log-in. (Note, if you have forgotten your login information, please do not create a new account. Call the office and we will sort it out for you.)
- 2) Select Register Now
- 3) Once pop-up box appears, select the option you are interested in, for example 2021 ForeverYoung Over 55 Programs
- 4) Confirm account information and select continue
- 5) Verify your email address and select continue
- 6) Select participant and select continue
- 7) Select class and select continue
- 8) Fill in any form that pertains to you and select continue
- 9) Confirm and complete your transaction.

You will receive a receipt by email. That's it! You are registered! If you encounter any issues, please call the office at 201-664-7882 or stop in at 55 Jefferson Ave. and use the paper registration form.

See you at class!

WESTWOOD RECREATION DEPARTMENT

ForeverYoung

NEWSLETTER ISSUE 31 -- NOVEMBER/DECEMBER 2022

Questions, Comments, Concerns? Contact the Westwood Recreation Department
55 Jefferson Ave., Westwood, NJ 07675 201-664-7882 recreation@westwoodnj.gov

westwoodnj.gov/recreation facebook.com/westwoodnjrec

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